



Bhagavad Gita: Chapter 14, Verse 26

*mam cha yo 'vyabhicharena bhakti-yogena sevate
sa gunan samatityaitan brahma-bhuyaya kalpate*

TRANSLATION

BG 14.26: Those who serve Me with unalloyed devotion rise above the three modes of material nature and come to the level of the Brahman.

COMMENTARY

Having explained the traits of those who are situated beyond the three gunas, Shree Krishna now reveals the one and only method of transcending these modes of material nature. The above verse indicates that mere knowledge of the self and its distinction with the body is not enough. With the help of bhakti yog, the mind has to be fixed on the Supreme Lord, Shree Krishna. Then alone will the mind become nirguna (untouched by the three modes), just as Shree Krishna is nirguna.

Many people are of the view that if the mind is fixed upon the personal form of God, it will not rise to the transcendental platform. Only when it is attached to the formless Brahman, will the mind become transcendental to the modes of material nature. However, this verse refutes such a view. Although the personal form of God possesses infinite gunas (qualities), these are all divine and beyond the modes of material nature. Hence, the personal form of God is also nirguna (beyond the three material modes). Sage Ved Vyas explains how the personal form of God is nirguna:

*yastu nirguna ityuktah shastreshu jagadishvarah
prakritairheya sanyuktairgunairhinatvamuchyate (Padma Puran)[v3]*

"Wherever the scriptures refer to God as nirguna (without attributes), they mean that he is without material attributes. Nevertheless, his divine personality is not devoid of qualities-he possesses infinite divine attributes."

This verse also reveals the proper object of meditation. Transcendental meditation does not mean to meditate upon nothingness. The entity transcendental to the three modes of material nature is God. And so, only when the object of our meditation is God can it truly be called transcendental meditation.



Is it your Birthday Today?

OCTOBER 15

Influenced by number 6 and the Planet Venus, you are enthusiastic, loyal, charming, witty and helpful in nature. You have a very sharp memory, and your grasping power is really wonderful. You can easily hold position of leadership and authority but you loose good opportunities due to your tendency to behave moody, stubborn and vindictive at times. This year there will be a rise in your expenses making it difficult for you to save. Although slow progress of work and disagreements over small issues will irritate you and even show on your health, but towards the yearend, you will be pleased and satisfied with your achievements. Investments made during this period will bring in good returns, though not immediately but eventually. Students will perform well in academics and will be rewarded for their contribution towards extra curricular activities. Spouse remains cooperative despite your erratic behavior. The months of April, October, December and February will be important.

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STARS & PLANETS

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■ **LIBRA:** Are you presently negotiating a contract, Libra? If you and the other party disagree on any points, these differences will most likely be resolved. You'll probably come up with an idea that creates a win/win situation so both of you feel good about it. This will strengthen your relationship considerably, so expect partnership matters to progress smoothly. Enjoy your day.

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Life

Unstable Blood Pressure Linked to Higher Risk of Death and Stroke

People with type 2 diabetes and highly variable systolic blood pressure had nearly triple the death risk of those with normal blood sugar and steadier readings in an observational study.

At a blood pressure check, the cuff around your arm captures a moment in the pressure inside your arteries. Readings that rise and fall across later visits could hold clues to the risk of stroke or death, yet those fluctuations are not routinely considered when assessing health.

Dr. Fariba Ahmadizar and her colleagues in the Netherlands compared readings from 57,611 UK Biobank participants and found that people whose blood pressure varied more between research visits had a higher risk of dying during follow-up. Some measures of that variability were also associated with strokes, suggesting that the movement between readings deserves closer investigation.

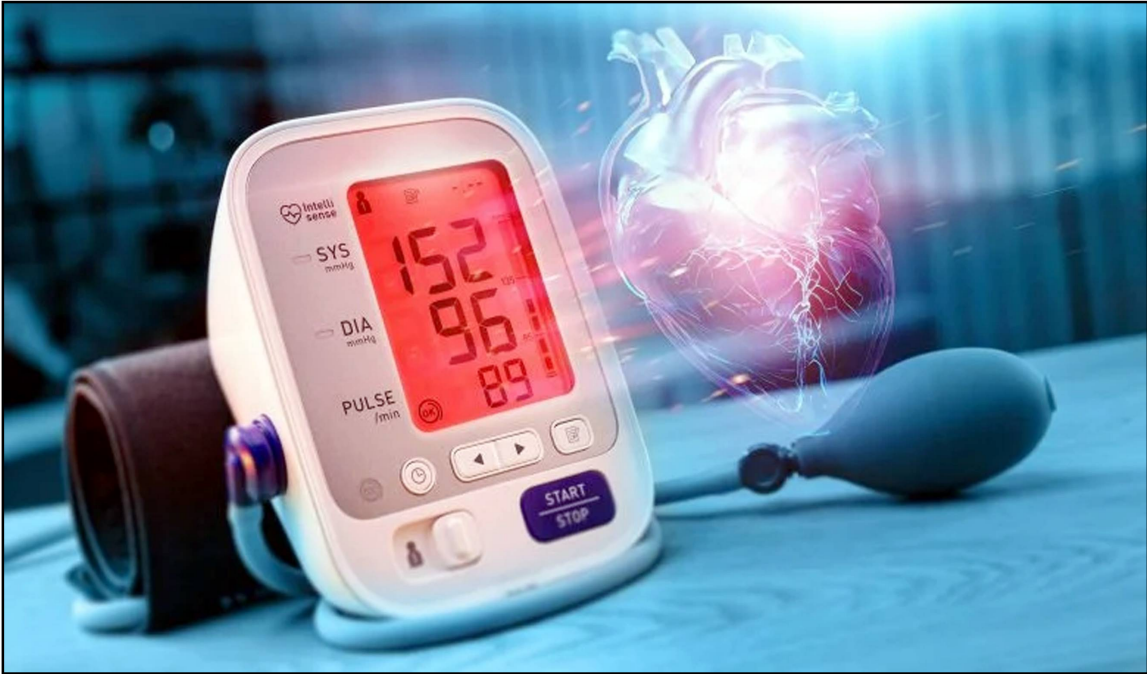
"Our findings suggest that changes in blood pressure over time may provide information beyond the average blood pressure readings in routine care," says Ahmadizar, of the Department of General Practice at Amsterdam University Medical Centre.

Participants returned for at least one blood pressure measurement after their initial assessment, allowing the researchers to compare readings while accounting for the time between visits. Their average age was 55.4 years, and 52% were women. Follow-up began at the first visit when enough measurements were available to calculate variability and lasted a median of 5.1 years. During that period, 1,460 participants died, 571 had a stroke, and 319 developed dementia.

Higher death risk with diabetes and pressure swings

Comparing those outcomes with blood sugar status brought a particularly striking association into view. Participants with type 2 diabetes and highly variable systolic blood pressure, the upper number in a reading, were 2.8 times as likely to die during follow-up as those with normal blood sugar and low variability.

Participants with prediabetes and high systolic variability also had a higher risk of death, by 62%, compared with the same reference



group. Prediabetes means blood sugar has risen above normal without reaching the threshold for diabetes. At the start of the study, 5,397 participants had prediabetes, 1,470 had type 2 diabetes, and 50,744 had normal blood sugar.

People in these comparisons differed in both blood sugar status and blood pressure variability, so the additional risk cannot be attributed to fluctuating readings alone. To express the findings as absolute risks, the researchers also estimated the likelihood of death over 10 years. That estimate was approximately 1.0% for participants with normal blood sugar and low systolic variability, compared with approximately 2.9% for those with type 2 diabetes and high variability. These were longer-term estimates, rather than death rates observed over a full decade of follow-up.

Death risk beyond average blood pressure

Each heartbeat pushes blood through the arteries, producing the systolic pressure recorded as the upper number. Between beats, the heart relaxes, and the lower number records diastolic pressure. The researchers examined changes

in both, along with mean arterial pressure, the average pressure across a heartbeat, and pulse pressure, the difference between the upper and lower readings.

Greater swings in all four measures were associated with a higher risk of death from any cause. The associations remained after the researchers accounted for average blood pressure, blood sugar status, and other factors. For systolic variability, each increase of one standard deviation was associated with an 11% higher risk of death. For diastolic variability, the corresponding increase was 8%.

Those percentages describe differences in variability across the study population, rather than the consequences of a particular jump on a blood pressure monitor. A standard deviation reflects how widely participants differed in their variability, so the findings cannot be translated directly into a specific rise or fall in millimeters of mercury, or mmHg.

Tracking strokes revealed associations with two of the measures: diastolic pressure and mean arterial pressure. Each standard-deviation increase in their variability was associated with a 12% and 10% higher stroke risk, respectively.

The researchers found no statistically significant associations between blood pressure variability and dementia.

Can steadier blood pressure save lives?

Researchers presented the findings at the Annual Meeting of the European Association for the Study of Diabetes. Ahmadizar cautions that the observational study cannot establish that blood pressure fluctuations caused the deaths or strokes. The results suggest that variability might help identify patients whose risk would otherwise be overlooked, but that potential still needs to be tested.

A patient returning to have a cuff wrapped around their arm might eventually benefit from closer attention to the changes between readings. Whether doctors can turn that information into better outcomes remains unresolved.

Ahmadizar says, "However, more research is needed before blood pressure variability can be recommended for routine clinical use. Questions that need answering include whether it is possible to reduce these fluctuations – and if doing so reduces the risk of stroke or death."

Word of the Day

deportment

noun | dih-PORT-munt

WHAT IT MEANS

Deportment refers to the way in which one conducts oneself especially in a formal setting.
// The new students were

instructed in proper dress and deportment.

DEPORTMENT IN CONTEXT

"The scholarship goes to a junior nursing student who has demonstrated 'academic achievement and abilities, promise as a future nurse, personal deportment and other outstanding characteristics,' the college said in a news release." — The Citizen (Auburn, New York), 24 June 2026

DID YOU KNOW?

Deportment, like a number of English words, has its roots in Latin portare, meaning "to carry." Other portare descendants include such familiar terms as import ("to bring from an external source"), transport ("to bring from one place to another"), and portfolio, which by its oldest meaning refers to a case for carrying papers. In the case of deportment, the thing we "carry" is our-

selves.

Deportment can refer simply to one's demeanor, or it can refer to behavior formed by social conditioning and often conforming to conventional rules of propriety. A 17-year-old Emily Dickinson applied the latter meaning when she wrote to her brother, Austin: "Are you not gratified that I am so rapidly gaining correct ideas of female propriety and sedate deportment?"

SUDOKU PUZZLES

SOLVE THE PUZZLE AND GET HANDSOME REWARDS.
SEND YOUR SOLUTIONS AT: EARTHNEWSROOM@GMAIL.COM

		1			2			
			3		4			6
7				5		4		
							6	9
			7	3		1	8	
1	5							
		4		9				1
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SOLUTION OF PREVIOUS PUZZLE

1	8	7	4	5	9	2	6	3
3	4	2	6	7	8	1	9	5
9	5	6	1	3	2	7	4	8
5	2	8	7	4	6	9	3	1
7	6	9	2	1	3	5	8	4
4	3	1	9	8	5	6	7	2
8	1	3	5	6	7	4	2	9
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6	9	5	8	2	4	3	1	7

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